

**WHAT IS CLAIMED IS:**

1. A separable fastening system, comprising:  
a loop component including a loop backing and a plurality of loops protruding from it, with the loop backing forming a cavity; and  
a hook component including a hook backing and a plurality of hooks protruding from it, wherein a portion of the hook component fits into the cavity of the loop component.
2. The fastening system of Claim 1, wherein the cavity is formed by a first portion of the loop backing folded over a second portion of the loop backing.
3. The fastening system of Claim 1, wherein the cavity is formed by a first piece of loop backing attached to a second piece of loop backing along at least one edge of each of the first and second pieces of loop backing.
4. The fastening system of Claim 1, wherein at least some of the plurality of loops are located within the cavity.

5. The fastening system of Claim 1, wherein the hook backing is folded such that a first portion of the hook backing is folded over a second portion of the hook backing.

6. The fastening system of Claim 1, wherein a portion of the loop backing can be lifted and folded back by about 180 degrees.

7. An absorbent article comprising the fastening system of Claim 1.

8. A diaper comprising the fastening system of Claim 1.

9. A training pant comprising the fastening system of Claim 1.

10. A feminine hygiene product comprising the fastening system of Claim 1.

11. An incontinence product comprising the fastening system of Claim 1.

12. A swimwear garment comprising the fastening system of Claim 1.

13. A medical garment comprising the fastening system of Claim 1.

14. A separable fastening system, comprising:

a hook component including a hook backing and a plurality of hooks protruding from it, with the hook backing forming a cavity; and

a loop component including a loop backing and a plurality of loops protruding from it, wherein a portion of the loop component fits into the cavity of the hook component.

15. The fastening system of Claim 14, wherein the cavity is formed by a first portion of the hook backing folded over a second portion of the hook backing.

16. The fastening system of Claim 14, wherein the cavity is formed by a first piece of hook backing attached to a second piece of hook backing along at least one edge of each of the first and second pieces of hook backing.

17. The fastening system of Claim 14, wherein at least some of the plurality of hooks are located within the cavity.

18. The fastening system of Claim 14, wherein the loop backing is folded such that a first portion of the loop backing is folded over a second portion of the loop backing.

19. The fastening system of Claim 14, wherein a portion of the hook backing can be lifted and folded back by about 180 degrees.

20. An absorbent article comprising the fastening system of Claim 14.

21. A diaper comprising the fastening system of Claim 14.

22. A training pant comprising the fastening system of Claim 14.

23. A feminine hygiene product comprising the fastening system of Claim 14.

24. An incontinence product comprising the fastening system of Claim 14.

25. A swimwear garment comprising the fastening system of Claim 14.

26. A medical garment comprising the fastening system of Claim 14.

27. A separable fastening system, comprising:

a first component including a first portion and a second portion with a cavity therebetween; and

a second component including a flat portion that fits into the cavity of the first component, wherein a first surface of the flat portion and the first portion of the first component can be releasably engaged to one another.

28. The fastening system of Claim 27, wherein the first portion of the first component comprises a loop backing and a plurality of loops extending from it, and the first surface of the flat portion of the second component comprises a hook backing and a plurality of hooks extending from it.

29. The fastening system of Claim 27, wherein the second portion of the first component comprises a loop backing and a plurality of loops extending from it, and a second surface of the flat portion of the second component comprises a hook backing and a plurality of hooks extending from it.

30. The fastening system of Claim 27, wherein the first portion of the first component comprises a hook backing and a plurality of hooks extending from it, and the first surface of the flat portion of the second component comprises a loop backing and a plurality of loops extending from it.

31. The fastening system of Claim 27, wherein the second portion of the first component comprises a hook backing and a plurality of hooks extending from it, and a second surface of the flat portion of the second component comprises a loop backing and a plurality of loops extending from it.

32. The fastening system of Claim 27, wherein the first portion of the first component can be lifted and folded back by about 180 degrees.

33. The fastening system of Claim 27, wherein the cavity is defined by an angle of about 1 degree to about 45 degrees between the first and second portions of the first component.

34. The fastening system of Claim 27, wherein the cavity is defined by an angle of about 1 degree to about 30 degrees between the first and second portions of the first component.

35. The fastening system of Claim 27, wherein the cavity is defined by an angle of about 1 degree to about 20 degrees between the first and second portions of the first component.

36. An absorbent article comprising the fastening system of Claim 27.

37. A diaper comprising the fastening system of Claim 27.

38. A training pant comprising the fastening system of ~~Claim 27~~

39. A feminine hygiene product comprising the fastening system of Claim 27.

40. An incontinence product comprising the fastening system of Claim 27.

41. A swimwear garment comprising the fastening system of Claim 27.

42. A medical garment comprising the fastening system of Claim 27.